

STOMA SUPPORT GROUP WORKING WITH ST MARKS AND NORTHWICK PARK HOSPITAL
e-mail insideout.bag256@btopenworld.com

Hello Friends,

A funny thing happened to me on the way to the Forum. At least I think that is what Frankie Howard used to say. Well it has happened! Something did happen at the Mayor's Reception on the 18th April. While we were sitting at the table, enjoying our buffet supper, the Mayor, Robert Currie, got up to speak and present cheques to some of the smaller groups in Harrow. These had been donated by the Harrow Charity Marathon Association. Mary Swindles (chairperson) of the association presented the cheques. We were the beneficiaries of £500. Which is fantastic and will help our group a great deal.

We had all got back to our tables to continue tucking into our supper when the Mayor spoke about the volunteers and their groups in the community and how important they were to Harrow. On this note, he presented certificates of recognition for the services to the community – six in all. It made me very proud and honoured to accept on your behalf, Inside Out, the certificate and cheque.

I hope to see most of you on the 13th July at our Charity Garden Party in aid of NACC, Wings and Inside Out.

Bob

Chairperson of Inside Out

**The children of Newton Farm First,
Middle & Nursery School**

Ravenswood Crescent, South Harrow,
Middlesex, HA2 9UJ

Head Teacher: Mrs Rekha Bhakoo.

I had approached the school in the autumn of last year to see if they would be interested in getting the children involved with Loud Tie Day. Mrs Radia, Deputy Head, asked me if I would come and give a talk to the school on the 18th March as they were going to give a full week to raising bowel cancer awareness and use Loud Tie Day as the theme. Which I did gladly. On the Friday of that week they collected £201.75 for Beating Bowel Cancer. The cheque was presented to Eileen Murphy, Macmillian Nurse and Sarah Varma, Stoma Care Nurse, both from St Marks Hospital. They judged the posters and prizes were presented to Fiona Hattington, (Y3) of the first School and Amy Chadwick, (Y6) of the middle School. Coloplast will reproduce both these posters within a poster for Loud Tie Day later this year. As for the rest of the posters they will be posted around St Marks and Northwick Park Hospital on the day.



Loud Tie day at Newton Farm School

On the 8th April the Cheque was presented to Lynn Faulds Wood at the Bottoms up event held in the Medawar, to coincide with the Bowel Cancer Awareness Month of April. As well as Lynn Faulds Wood from Beating Bowel Cancer, Prof. John Northover, Consultant Colorectal Surgeon and Maggie Vance, Consultant Nurse Endoscopist were there. The evening was hosted by Eileen Murphy of Macmillian Nurses. Dansac provided the refreshments and 50 people turned up for the evening's discussion on Bowel Cancer Awareness and screening: Everyone came away with something new to think about and a willingness to talk a little more freely about Bowel Cancer.

More fun at Newton Farm School





Coffee Mornings.

Level 3 Out-patients Dept of St Marks.

Tuesday	14 th May
Wednesday	29 th May
Thursday	13 th June
Monday	24 th June
Tuesday	9 th July
Wednesday	24 th July
August	there will be no coffee mornings in this month due to holidays
Tuesday	3 rd September
Tuesday	17 th September



3rd December 2002

Dr Julian Stein of St Marks
will give us a talk on **Body Image**. It will also be our
pre Christmas get together.



Meetings in the Medawar Room

Concert

Level 6 St Marks, doors open 7pm for
7.30pm meetings.

Saturday 16th November 2002.

Tuesday 18th June Speaker Dr Simon
Gabe

Concert in aid of Bowel Cancer Research. Valerie
Newman will be playing pieces throughout the
evening and telling us the inside story of each piece.

Crohn's and Colitis Week starts 22nd
June and Dr Gabe will give a talk on
the subject covering Nutrition and IBD.

All proceeds will be given to Prof. John Northover of
St Marks Hospital to further the research into bowel
cancer.

Tuesday 3rd December Dr Julian Stein
will be giving a talk on Body Image –
how or what effects you from having a
stoma

Further details will appear in the next issue.

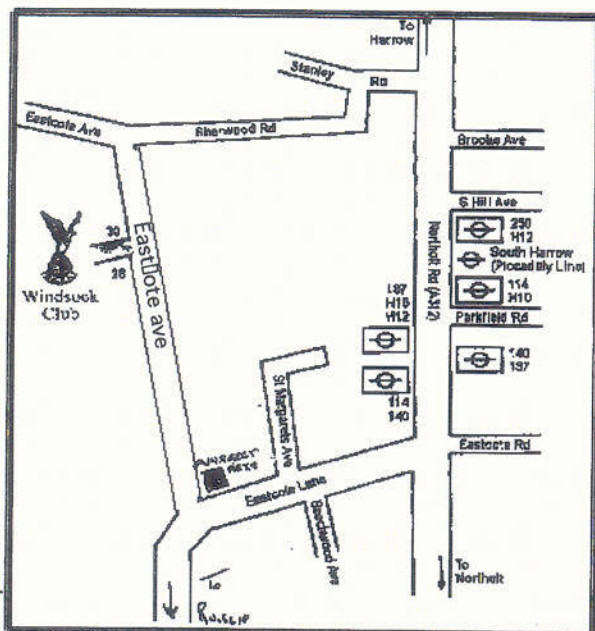
Crohn's and Colitis week
22nd to 29th June 2002

Windsock Club

Eastcote Avenue,
South Harrow
For further information
Contact Kay Or Barry on
020 8422 4515



Coveniently located for
South Harrow Buses &
Piccadilly Underground
Limited Parking on site
Please do not park in East-
cote Avenue



To kick this off Dr Simon Gabe
of St Marks will give us a talk
on the 18th June Medawar
Room, level six of St Marks.

July 13th Charity Garden Party

An internet TV has been donated
by John Lewis PLC, Ferry tickets
by P&O, Books by Penguin and
some items from Virgin. We are
on the lookout for more items for
our raffle. Everything else is
moving in the right direction.
(see map opposite).

Update on Farnhurst Medical Vacuum Therapy

As from 1st April 2002 this company's 3 vacuum systems are freely available on prescription from your GP providing you meet the following medical conditions.

Guidelines for the provision of impotence treatment on the NHS

On the 1st July 1999 the following guidelines were put in place by the Dept of Health.

GP's are able to prescribe specified impotence treatment on the NHS for men with the following medical conditions:

Men treated for Prostate Cancer or who have had a prostatectomy (including turp)

Men suffering from spinal cord injury. Men treated for Renal Failure by Dialysis or transplant. Men with Diabetes. Men with Multiple Sclerosis.

Men with Single Gene Neurological Disease.

Men with Spina Bifida.

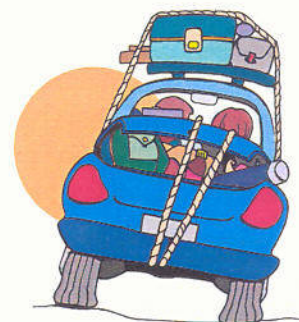
Men who have had Polio.

Men with Parkinson's Disease.

Men with severe Pelvic Injury.

Men who have had Radical Pelvic Surgery.

Fittleworth Medical Ltd in partnership with Club Direct can offer discounted Travel Insurance for either worldwide or UK travel to all stoma patients and their families. For further information please call
Freephone 0800 0839509



Dear Friends,



I hope you do not mind my calling you friends. We all have 'something' in common and through our evening meetings and coffee mornings there are many friendships being formed. Although I must admit that I do not (cannot) make coffee mornings. Those I have been to are well attended with a lot of chatter, serious talking and laughter. If you haven't been to one yet do make the effort. It is good to meet people with similar problems to yours.

On a bright note – these coffee mornings WILL continue. For those of you who didn't realise that we were in danger of losing the 'nurses room' for our meetings, and for those of you who did, there is no need to worry.. A letter from Bob accompanied by a letter from our editor, Joan, sent to all surgeons had the desired response. We all offer our thanks to Bob.

Those of you who turned up for the talk by Chris Ogden on 'Past, Present and Future of Urostomies' were disappointed when our speaker got called to an emergency and was unable to give his talk. We all know that this can happen, but so far, we have been very lucky.

The date of the next evening meeting has been changed to 18th June when Dr Simon Gabe will give a talk on Nutrition and IBD. Please check dates on each newsletter because they do change for one reason and another.

Travel: I wanted insurance cover to travel to America so following the advice in the last edition of 'Inside Out' I phoned 'Travel Care' who quoted me £68.00 with no cover for cancer or my stoma. I then phoned 'Club Direct' who quoted me £57.00 with full medical cover!

I look forward to meeting you at our next meeting, on the 18th June, in the Medawar Suite, floor 6 of St Marks at 7pm for tea/coffee and 7.30pm for the talk. See you then!

Diane Owen (Secretary)



Useful Contacts

Chairman of Inside Out Group

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Tel: 020 8248 4740

Ileostomy & Internal Pouch Support Group

0800 018 4724

NACC

01727 830 038

Urostomy Association

0800 018 4724

British Colostomy Association

0800 328 4257



**Want to join
the support group?**

If you have a colostomy, ileostomy or a urostomy and you would like more information, please complete the form below and send it to:

Clare Bossom c/o Stoma Care Department, St. Mark's & Northwick Park Hospital, Watford Road, Harrow, Middlesex, HA1 3UJ



Name _____

Address _____

Postcode _____ Telephone _____

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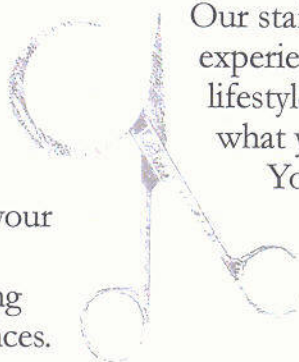
Fittleworth are an independent supplier of ostomy items. As well as stocking a wide range of stomacare products, we offer a free cutting service.

Your 'personal' pattern, together with any other requirements, can be delivered right to your door.

We are established market leaders in dispensing ostomy prescriptions and customising appliances.

Our staff have the knowledge and experience to help you enjoy a better lifestyle by listening carefully to what you tell us.

Your Home Fit Service is on hand to ensure you always get exactly what you need, quickly and discreetly.



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